



Indoor Triathlon Sunday, July 11 9 a.m.

The Hario Fitness Center is having an Indoor Triathlon that will include a 300m swim in the pool, 8k on a stationary bike, and a 2k run on the treadmill. Think you're fit and able to take on this challenge? Go for it. Awards will be presented to the top finishers in each division (men, women and youth).

Registration deadline is Wednesday, July 7 at the Hario Fitness Center Office.

Hario Community Center



SWAP MEET

Saturday, Aug. 7
9 a.m. - 12 Noon
\$2 per table for sellers

Reserve your table today at the Hario Community Recreation Office.

NO EARLY BIRDS!

Youth Basketball Games

Saturday, July 17

6 p.m., \$2

For youths 12 – 14 years of age

Registration deadline is Wednesday, July 14.

Youth Fitness Clinic

Tuesday, July 20

6 p.m., Hario Fitness Center

Youths 10 – 14 years of age must be accompanied by a parent

15 years & older can come alone

Learn the proper way to do strength-training routines.

Appropriate for youths and parents.

Youth Indoor Soccer Games

Friday, July 30

6 p.m., \$2

For youths 10 – 12 years of age.

Must be registered by Wednesday, July 28 at the Hario Fitness Center.

Metabolism Booster Clinic

Monday, August 2

6 p.m., Hario Fitness Center

Learn to use cardio and strength training to boost your metabolism.

Youth Tennis Clinic

Tuesday, August 10 – Thursday, August 12

7 – 9 years old: 8 – 9 a.m.

10 – 12 years old: 9:30 – 10:30 a.m.

10 students maximum per class

Registration deadline is Wednesday, August 4.

Youth Golf Clinic

Tuesday, August 24 – Thursday, August 26

8 – 9 a.m., \$5

For youth ages 9 – 11

Shiroyinji Kempo Karate

Every Saturday

9 – 11 a.m.

\$21 5-15 years

\$30 16 and older.

Benton Karate

Monday & Wednesday

5:30 p.m. White Belts.

6 p.m. All Kids.

7 p.m. All Adults.

\$30 Registration fee plus \$30 per month.

Free Group Exercise (Beth Dugan)

Tuesday - Thursday

3:30 - 4:30 p.m.

Free Group Exercise (Laura Sicks)

Monday, Wednesday & Friday

7 – 8 p.m.

Massage Service With Junko Miyazaki

Call for Appointment

\$25 - \$45.

Offering Swedish, Aromatherapy and Reflexology services.